

Click [here for Duchesne County Pageant](#) Information.

Miss Duchesne County 2011-2012



Being born and raised in Duchesne it is an honor to be able to serve my community as your Miss Duchesne County. Throughout my year of service I am promoting the *Let's Move!* initiative that's dedicated to solving the problem of obesity within a generation, so that the children of today can grow up healthier and able to pursue their dreams.

Only a few years ago my grandpa suffered a massive heart attack due to his unhealthy lifestyle. Luckily, after spending days in the hospital and undergoing open heart surgery, we were able to

bring him home. It was not only a huge wakeup call to my grandpa, but to our family as well. With the support of his loved ones he began making small, but significant changes in his everyday life. By becoming more active and conscious about his eating, he was able to lower his high blood pressure and cure his diabetes. If he had developed these healthy habits earlier in his life, it could have saved our family the stress, worry, and pain of almost losing a loved one. I want to prevent this situation from happening to as many families as possible by bringing the *Let's Move!* initiative to Duchesne County.

Let's Move! teamed up with other organizations that promote healthy lifestyles and exercise, like the *President's Active Lifestyle Award* (PALA), which recognizes children who exercise for sixty minutes every day, for five days a week for six consecutive weeks. For more information or to register visit their website at

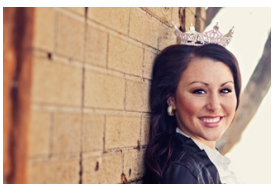
<http://www.presidentschallenge.org>

or join the Million PALA challenge on Facebook. I have also started a blog, It Starts with You, where I discuss the importance of living healthy, give fun ways to exercise, and share my favorite healthy recipes. To follow my blog go to Brittani-itstartswithyou.blogspot.com

I would like to thank my pageant director Joani Reyburn, Karrie Sue, my family, and all of the people throughout Duchesne County who have supported me in achieving my goals. I look forward to the rest of this year and plan to accomplish much more throughout my reign.

Sincerely,

Brittani



It has been such a privilege to be able to serve my community as your Miss Duchesne County. I am so thankful for all the support and contributions that I have received during my reign. I have

had many opportunities to serve in Duchesne County by being involved in the Fine Arts Counsel, PTA Reflection Program, Building Esteem Through Art, and the Steal Horse Foundation. The most impressionable service project has been promoting and organizing the Community Emergency Response Team program for our area.



BE"CERT"IN, that when a disaster strikes our area that we as a community are prepared. You can do this by becoming a CERT member, for more information look up our website <http://duchesne.utah.gov>

under CERT or contact us at duchesnecountycert@yahoo.com

you can also look us up on facebook. I could not have done it without the support of the local officials that strive to make our community a better, and safe place for us to live. Thank you to community members that took the interest in becoming certified as a CERT member. Being prepared gives us a peace of mind and empowers us to help those in need.

I would like to thank the County Commissioners, my pageant director Joani Reyburn and the people throughout Duchesne County that have supported me and have helped me achieve goals and interests that have made me a more valiant and stronger woman. Also a big thanks to my family for showing their love and encouragement. Thank you all, so very much.

JazyInn Nielsen